

Town of Glastonbury Human Services
The Sharing Tree

Office Hours:		Main Information Number	(860) 652-7638
Monday - Friday	8:00 am to 4:30 pm	Dial -A-Ride Numbers:	
Tues. & Thurs.	8:00 am to 8:30 pm	Reservations:	(860) 652-7643
Saturday	9:00 am to 3:30 pm	Cancellations:	(860) 652-7638

Newsletter Online: www.glastonbury-ct.gov

July 2016



"For him in vain the envious seasons roll
 Who bears eternal summer in his soul."
 - Oliver Wendell Holmes, *The Old Player*



Summer Fun with Brian Gillie

12:00 pm Lunch **12:30 pm Entertainment**

Enjoy a traditional summer picnic with your friends. Cheeseburgers, potato salad, watermelon & special dessert! Afterwards we will be entertained by Brian Gillie a long-time international performer, singer, song writer and multi-instrumentalist. You won't want to miss it!



Thursday, July 14, 2016

Cost: \$4.00 Special Ticket Required

Essex Steam Train and Riverboat Lunch Excursion

10:00 am Leave RCC

All Inclusive Cost: Resident: \$57.00 Non-Resident: \$63.00

Enjoy a 3 course meal in a 1920s-era Pullman, a Luxury 1 1/4 hour cruise aboard the Mississippi-style riverboat, Becky Thatcher, and a Steam train ride back to Essex. ***Please indicate meal choice: Roast Beef or Chicken Parmesan*** (meal includes: mixed green salad; Chefs Choice vegetable, starch, roll and Chefs Choice dessert).

Wednesday, July 20, 2016

Approximate Return to RCC: 4:15 pm



Dinner and an Evening of Jazz with Airborne

Thursday, August 11, 2016

Cost: \$8.00 in advance or \$10.00 at the door - Special Ticket Required

5:30 pm Dinner (pizza, salad, beverages and dessert) 6:00—8:00 pm Entertainment

Enjoy an evening of high energy contemporary jazz. Extremely original, intensely creative, great compositions embraced with wonderful arrangements...Caribbean take us away.



Goodspeed Opera House presents: "Bye Bye Birdie"

Wednesday, August 24, 2016

10:30 am Leave RCC

Approximate Return: 6:00 pm

Cost: Resident: \$ 90.00 Non-Resident: \$99.00 includes Lunch, Show and Transportation

Put on a happy face! Army-bound rock star Conrad Birdie's farewell appearance in Sweet Apple, Ohio is the talk of the town. But it's a teenage crisis for new "steadies" Hugo and Kim: she just won the chance to give Birdie one last kiss before boot camp. Kids, parents and show folk collide in the Goodspeed debut of the hip-swiveling musical comedy set at the dawn of the sensational 60s. Before the show enjoy lunch at the Gelston House with your entrée choice of the following: **A) Pasta Primavera B) Chicken Marsala C) Bistro Steak or D) Tilapia.** Mixed Green Salad with House Vinaigrette, Dessert: Chef's Choice with Coffee or Tea. (Sodas, juices, and other beverages are not included).

Registration for trips will begin Wednesday, July 6, 2016 for Glastonbury Residents
Non-residents can sign up one week later on Wednesday, July 13, 2016

**The Seafood Express
From Hartford to the Shoreline
July - September**

Dockside Seafood & Grill - Branford

10:30 am Leave RCC 11:30 am Lunch

Cost: Resident: \$7.00 Non-Resident: \$9.00 (lunch on own)

Seasonal marina-side spot for fresh seafood and outdoor dining. Enjoy the Senior Menu that is all inclusive with your choice of Chowders or House Salad, Entrees include Fried Ipswich Clams, Broiled Chicken, Broiled Scrod, Salmon or Sole, Penne ala Vodka or Fish and Chips. You may also order off the menu.

Jimmie's of Savin Rock - West Haven

10:15 am Leave RCC 11:00 am Lunch

Cost: Resident: \$7.00 Non-Resident: \$9.00 (lunch on own)

Once a hot dog stand, now a spacious family-run eatery serving seafood, steak & Italian classics. Satisfy your appetite with huge portions you'll only find at *Jimmies* Galley.

Monday, July 11, 2016

Approximate Return to RCC: 2:00 pm

Monday, July 25, 2016

Approximate Return to RCC 2:00 pm

Coming in August and September...*Bill's Seafood-Westbrook; The Wharf-Madison and Lenny and Joe's - Westbrook.*



**Thimble Island Cruise in Stony Creek &
Lunch @ Rocky's Aqua on the Water, Clinton**

Thursday, August 18, 2016

8:45 am Leave RCC

10:00 am Board The Sea Mist

11:30 am Board Dial A Ride 12:00 pm Lunch on own

Approximate return to RCC: 2:30 pm

Cost: Resident: \$20.00 Non-Resident: \$27.00 (plus money for lunch)

Welcome aboard The Sea Mist, a 44 foot Carmen boat. Relax as we enjoy a narrated cruise around The Thimble Islands. Discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. This vessel was designed for sightseeing with large removable windows and comfortable seating. After the cruise, it is on to lunch at an island marina where we can order lobster rolls or other seafood treats. The regular menu includes some non-seafood items as well (Wear comfortable clothing and good shoes).



Historic Plymouth, Massachusetts

8:00 am Leave RCC

Cost: \$97.00 Checks *only* made payable to "Getaway Tours"

Spend a beautiful day in Historic Plymouth, Massachusetts with lunch at Isaac's. For nearly 30 years Isaac's Restaurant has been serving the best seafood anywhere on the South Shore of Boston. Located on the historic Plymouth waterfront with spectacular views of Plymouth Harbor, the

Mayflower and a stones throw from Plymouth Rock. Lunch entrée choices are 1) *Seafood Medley* or 2) *Chicken Cordon Bleu*. Following lunch sit back and experience a Harbor Cruise on an authentic Paddle Boat. Afterward enjoy time on your own shopping in the many quaint shops.

Tuesday, August 16, 2016

Approximate Return to RCC: 6:00 pm

Lobsterfeast & Patsy Cline Tribute– Log Cabin - MA**Thursday, August 25, 2016****10:15 am Leave RCC****Return Approximate to RCC: 4:30 pm****Transportation Fee payable to Town of Glastonbury Cost: Resident: \$7.00 Non-Resident: \$9.00****Lunch & Show Check only payable to “Getaway Tours”: \$55.00**

Upon arrival enjoy an Hors d’oeuvre welcome tray. Your lobster feast menu features the Log Cabin’s Award-Winning Clam Chowder, New England Boiled Lobster, Barbecued Ribs and Chicken served with Corn and a Baked Potato, followed by a Strawberry Ice Cream Sundae for dessert. Following lunch sit back and relax as Janice Dee pays tribute to Patsy Cline with her “Walking After Midnight” Combo. She’ll entertain you with songs like, “Crazy,” “Sweet Dreams,” and many other favorites. (*Only 30 seats available*)

Featured Classes and Activities**Indoor Walking****Wednesdays****12:15 pm—12:45 pm**

Stay out of the elements (cold or hot) and join your friends in Community Room B for a walk every Wednesday afternoon. Feel free to walk once around the room or 10 times or more. You can walk at any speed. Any increased activity is good for you. All you have to do is show up - Surprise rewards each week!

Outdoor Walking Group**Thursdays****8:30 am Meet at the RCC****Program Leader: Nadine Lester**

Walking is one of the best forms of exercise —Let’s get moving.

Book & Author Discussion Group**Thursday, July 21, 2016****10:30 am****Facilitator: Geri Andrew No charge or registration needed**

“*Pearl in the Sand*” by Tessa Afshar - Striking beauty comes at a price. Rahab paid it when, at the age of fifteen, she was sold into prostitution by the one man she loved and trusted — her father. ...

Knitters & Crocheters**Mondays****9:30 am - 11:30 am****Program Leader: Carol Patulak**

The Monday Knitting Group invites you to join a congenial group and share your talents in making items for local charities. Materials and patterns provided. Join us on Mondays in the craft room. All levels are welcome!

Afternoon Mahjongg**Wednesdays****1:00 pm - 3:00 pm**

Join the fun with Mahjongg in the afternoon! Cracks, Bams, and Dots oh my...this is a great game of strategy!

Flash Mob Practice**Fridays, July 15 & 29****10:00 am - 11:30 am**

Join the fun as we sing, dance and kazoo the following songs: “*This Land is Our Land*”, “*God Bless America*” and “*We are the World*”. Singing of “*We are the World*” will be performed with other senior centers in October.

Paint with Karen**Tuesdays, July 12 & 26****9:30 am - 11:30 am**

Come honor Glastonbury's past with guided help as you paint scenes of famous landmarks.

Instructor is Karen Williams.

Cost: Resident - \$20.00 Non Resident - \$25.00 (All participants pay \$7.00 Supply fee to instructor.)

Technology**Computer Assistance by appointment****Tuesdays****9:00 am - Noon****Facilitator: Ron Massimino**

Individuals can set up 30 minute appointment blocks for assistance with computer help.

To make an appointment please call (860) 652-7638.

Save The Date

September	01 -	Greenwood Glass Blowing Tour - Riverton
	13 -	CT Lighthouse Tour - New London
	19 -	Hopyard "On the Rocks" Lunch outing—East Haddam
October	11	Magic Wings and Yankee Candle - Deerfield, MA
	28	Germanfest @ Williams Inn - MA (Getaway Tours)

Evening / Weekend Programs and Events

The Breakfast Club - Chips - Wethersfield

Saturday, July 9, 2016

9:30 am Leave RCC

Approximate Return to RCC: 11:30 am

Cost: \$7.00 Transportation fee

A family restaurant...where everything is homemade.

Coloring for Stress Relief

Thursdays 5:30 pm – 7:00 pm

Studies have shown that coloring is very beneficial to adults as it lowers stress levels and blood pressure! Come join your friends and socialize for a relaxing and stress free time. Light snacks and beverages provided.

Please register in the office. Supplies will be provided.

Lifelong Learning with The Great Courses: "Museum Masterpieces: The National Gallery, London (Fine Arts & Music on tape) Tuesdays (beginning on September 6th) 5:30 pm - 7:00 pm

Of all the world's great art museums, the National Gallery, London is the only place where you can truly grasp the breathtaking scope of European painting between 1200 and 1900. Established in 1824, the National Gallery was commissioned as the people's museum—a cultural institution meant to reflect the artistic legacy both of Great Britain and of the European continent. Inside its halls are more than 2,500 European paintings by some of Western civilization's greatest masters. In 24 fascinating lectures, Professor Catherine B. Scallen, a noted art scholar at Case Western Reserve University, offers a memorable introduction to this remarkable artistic institution and its rich collection of masterworks. A trip to the Yale Center for British Art will take place midway through the series. Registration is required.

PICKLEBALL

Indoor
Spring/Summer Outdoor

RCC
Addison Park

Tuesday Evenings
Thursday Evenings
Saturdays

5:00 pm - 8:00 pm
5:00 pm - 8:00 pm
9:00 am - Noon



AARP Chapter # 2010 News:

AARP BOARD MEETING:

No Meetings in July & August 2016

AARP GENERAL MEETING:

UPCOMING TRIPS: 2016 Trips:

July 13

August 28 - Sept. 4

September 29

October 12

December 7

All-You-Can-Eat Lobster - Delaney House - MA

Bermuda Cruise on Celebrity Summit

Green Mountain Flyer Railroad - Vermont

Krucker's Oktoberfest - NY

The Company Men - Aqua Turf - CT

To register: Contact Diane Mansur @ 860-569-6745 for additional information

AARP Smart Driver

Thursday, July 21, 2016

12:30 pm - 4:30 pm

Cost: \$15.00 for AARP members; \$20.00 for Non-members. Check payable to AARP due upon advance registration. The insurance discount afforded to seniors taking the course is a minimum of 5% for a period of 2 years if you are 60 years of age or older.

Social Services

Glastonbury Social Services and Senior Outreach Call (860)652-7634 if you want to:

SPEAK with a member of the Social Work staff

FIND out what programs you may qualify for

MAKE an APPOINTMENT for any financial assistance applications

Get REFERRALS to appropriate programs and services

Learn about and/or apply for MEDICARE

If you wish to see a particular worker you may still call them directly, otherwise, please call Social Services & Senior Outreach at (860)652-7634

Janine Fiedler: (860)652-7644

Susan Strayer: (860)652-7652

Theresa Buckson: (860)652-7640

Susan Parrotta: (860)-652-7636

Social Services News

Additional Veteran's Exemption

Applications for Additional Veteran's Exemption **from property tax** are being taken through Friday, September 30, 2016. Income limits, based on 2015 figures, are \$35,200 for an individual and \$42,900 for a married couple.

Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your federal income tax return, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099).

For more information or an appointment, please contact Social Services at 860-652-7634 or the Assessor's Office at 860-652-7600. Home visits can be scheduled as needed.

Renters Rebate

Renters Rebate application will be accepted through Friday, September 30. Glastonbury residents age 65 or older by 12/31/2015 or those receiving Social Security Disability are eligible if their 2015 income was \$35,200 or less for an individual or \$42,900 or less for a married couple. There is no asset limit for this program. The following documentation is required:

- 1) Income for 2015 – SSA 1099 *required*; income tax, if filed, or all 1099s if not
- 2) Monthly rent paid in 2015
- 3) Monthly utilities paid in 2015
- 4) Proof of disability if not on Medicare and below age 65

Appointments are necessary. Please contact Social Services at 860-652-7634 to request an appointment or for more information.

Foodshare

The Foodshare truck will be at First Church of Christ, 2183 Main Street, Glastonbury from 10:15 to 10:45 on Wednesdays July 6 and July 20. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability. Please remember to bring a bag or box with you to carry your food.

Carol's Closet

A paper pantry serving paper and personal products to Glastonbury residents. It is open the third Saturday of each month, which will be July 16, from 10 AM to 12 NOON at St. James, 2584 Main Street. They may be reached at 860-633-8333 for questions.

A ministry of St. James Church, and interfaith partners supporting Carol's Closet are Buckingham Congregational Church UCC, First Church Congregational UCC, Congregation of Kol Haverim St. Luke's Episcopal Church and Lutheran Church of St. Mark.

Back to School Program

The annual Back to School Program that assists Glastonbury students in need of help obtaining school supplies will be held in August. As you begin to see sales, please remember that your donations of school supplies such as notebooks, pens, pencils, crayons, markers, backpacks, or monetary donations for the purchase of these items is appreciated. Donations may be dropped at the Riverfront Community Center through August 12. Thank you.

Support Group News**“EYE OPENERS” LOW VISION SUPPORT GROUP Monday, July 18, 2016**

The Low Vision Support Group will meet on from 10:00 - 11:30 in the Special Activities Room at the Riverfront Community Center. This group is open to any person living with low vision – members learn from one another and guest speakers. Refreshments are served. For more information or to receive meeting announcements, call Janine Fiedler at (860)652-7644.

Caregiver Support Meeting Tuesday, July 12, 2016 1:30 pm - 2:30 pm

Calling all caregivers! Are you feeling stressed and overwhelmed? You are not alone! Taking care of a beloved parent, relative or significant other can be the most difficult and rewarding job you will ever have! Please join us the second Tuesday of every month from 1:30 pm—2:30 pm for Caregiver Support Group. If you are planning to attend or for more information, please contact Susan Parrotta (860) 652-7636 or email susan.parrotta@glastonbury-ct.gov or Susan Strayer at (860) 652-7652 or email susan.strayer@glastonbury-ct.gov

Bereavement Support Group Wednesdays, July 6 & 20, 2016 2:00 pm - 3:30 pm

Have you had a family member or friend die recently? Are you experiencing the “symptoms” of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Hartford Healthcare at Home and Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860) 969-5442 for additional information.

The Friendship Circle Memory Program

The Friendship Circle Memory Program is a social engagement program designed for Glastonbury Seniors with early stage dementia. The program provides the opportunity to gain the many benefits derived by being active and socially engaged in a supportive group environment.

Activities are coordinated by a trained Program Coordinator and volunteers. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles, and plenty of opportunities to enjoy the company of others. Friendship Circle meets 3 days a week- Tuesday, Wednesday, and Thursday usually from 9:45 to 12:45 pm.

A monthly fee of \$100.00 is charged. Lunch and transportation are included. For more information contact Lisa Kociubinski at (860) 652-7650



Today I will be happier than a bird with a french fry!

**DID YOU KNOW?****A Few Words About That Prolific Tuber...**

Introduced to Europe by the Spanish, the potato was thought to cause leprosy and other diseases. It was also prized by some who thought it was an aphrodisiac. Thomas Jefferson supposedly brought the recipe for french fries back from France where he served as ambassador from 1785 to 1789. In 1802, Jefferson had the White House chef, Frenchman Honoré Julien, prepare “potatoes served in the French manner” for a dinner party. Despite the name “French” fries, the recipe may have originated in Belgium. In fact, Belgians consume more French fries per capita than any other nationality. Americans eat about 126 pounds of potatoes per person each year.

Health and Wellness News

Free Blood Pressure & Wellness Clinic Wednesdays RCC 9 am – 12 pm

Glastonbury's Community Health Nurse will be conducting the above clinic this month. Blood pressure, medication, diet questions, symptom management and other health related concerns can be addressed. Walk-ins are encouraged.

Healthy Foot Clinic

Thursday, July 21 and Tuesday, July 26 RCC 8:40 am – 3:20 pm

Appointment Required – Call (860) 652-7638 to schedule an appointment

Cost: \$29.00 – check made payable to: Pedi-Care

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder.

Walk-ins will not be accepted. Payments must be made at the time of your visit.

Dial-A-Ride Shopping and Schedule Information

For All Reservations Call: (860) 652-7643

For Cancellations Call: (860) 652-7638

Information Line Call: (860) 652-7638

Weekly Shopping:

For residents who live north of Hebron Avenue (Zone A)

Mondays Stop & Shop (Glastonbury Blvd.)

1st & 3rd Tuesdays of the month: Shop Rite

For residents who live south of Hebron Avenue (Zone B)

Thursdays Stop & Shop (Oak Street)

2nd & 4th Tuesdays of the month: Shop Rite

Mall Shopping Trip: Buckland Mall Wednesday, July 13, 2016
10:00 am Depart RCC

2:00 pm Return to RCC Transportation fee: \$5.00

Other Transportation Options

FISH Phone: (860) 647-3911 Transportation for Glastonbury residents to out of town medical appointments is available Tuesday through Friday from Glastonbury to the following towns: Hartford, East Hartford, West Hartford, Manchester, Rocky Hill and Wethersfield. Please note: pickup can be no earlier than 8:00 am and no later than 4:00 pm. FISH also transports to the Farmington Health Center for appointments between 10:00 am. and 2:00 pm. You must request a ride by noon of the previous day. FISH is unable to transport wheel chairs; parking fees are the responsibility of the rider.

American Cancer Society's Road to Recovery Transportation Service Phone: 1-(800)-227-2345. They can provide transportation for doctors' appointments and treatments. Patients must be ambulatory. Requests must be made 3 business days before the appointment.

A.D.A. Transportation, CT Transit This service provides door-to-door service for any purpose to persons unable to use regular CT Transit bus service, if the pick-up and destination is within their service area. (7 days a week with a charge of \$3.00 each way). For application and info, call: **(860) 724-5340**

Cozy Corner Café News

You can place your order via phone (860)368-4535, or in person ahead of time. Enjoy healthy combinations with fresh produce, yogurts and snacks. (Open Monday - Friday 9:30 am—1:30 pm) **(Open during shutdown week)**



Cozy Corner Café
Tuesday & Thursday Evening Café Menu 5:00 pm - 7:00 pm
Paid Reservations Available up to One Day in advance.
Cost: \$5.00



July 5	Quiche Lorraine, Tossed Salad and Ice Cream Sundae
July 7	Meat Lasagna, Tossed Salad and Rice Krispies Treat
July 12	Meat Loaf, Tossed Salad and Rice Krispies Treat
July 14	Chicken Pot Pie, Tossed Salad and Chocolate Fudge
July 19	Shepherd's Pie, Tossed Salad and Lemon Bars
July 21	Chicken Broccoli Alfredo, Tossed Salad and Strawberry Shortcake
July 26	Chicken Noodle Casserole, Tossed Salad and Magic Bars
July 28	Macaroni & Cheese, Tossed Salad and Red Velvet Bars

Special Diet Requests Procedure

For those individuals who may have special dietary needs or prefer a vegan or meat free diet, we will now stock foods to meet your needs on a given day. Please contact the office the day prior. *Thank you.*

11:45 am Lunch **12:15 pm Program (If Planned)**

Ticket Prices: \$2.50 per person includes hot entrée, vegetable, dessert & beverage.

\$5.00 per Guest (does not live in town and/or not a senior citizen).

\$4.00 Special Ticket includes Meal & Program (Registration Required)

All menu items are subject to change without notice when unforeseen circumstances occur.

July Lunch Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 All Beef Hot Dogs
4 CLOSED FOR HOLIDAY	5 NO LUNCH	6 NO LUNCH	7 NO LUNCH	8 NO LUNCH
11 Swedish Meatballs	12 TED Talk "Improv Everywhere" Chicken-Ala-King	13 Spaghetti w/meat sauce	14 Summertime Break w/ Brian Gillie Cheeseburger	15 Breaded Fish w/tarter sauce
18 Birthday Celebration CRIS Radio Talk Ham & Cheese on Roll	19 Registration Talk Chicken Breast	20 Meatball Grinder	21 Baked Meatloaf	22 Tuna Melt
25 Eggplant Parm	26 Chicken Stir Fry	27 TED Talk "Virtual Choir" Glazed Ham	28 Cube Steak	29 Stuffed Sole

Celebrate Your Special Day With Us!**Monthly Birthday Party - Monday, July 18, 2016 Special Flute Music by Wendy Anderson**

(Please register in the office by Friday, July 15). The July Birth Flower is the Larkspur and its meaning is an open heart and ardent attachment. July's birthstone is considered the king of gems and represent love, health and wisdom. It was believed wearing a fine red Ruby bestowed good fortune on its owner. A Ruby is the most valuable gemstone and its value increases based on its color and quality. Famous individuals born in July are Tom Cruise, Andrea Barber, Malia Obama, John Rockefeller, Kevin Hart, Tom Hanks, and Will Ferrell to name a few.

Summer Special with Brian Gillie**Thursday, July 14, 2016****12:00 pm Lunch 12:30 pm Entertainment Cost: \$4.00 Special Ticket Required**

Enjoy a traditional summer picnic with your friends. Cheeseburgers, potato salad, watermelon & special dessert! Afterwards we will be entertained by Brian Gillie a long-time international performer, singer, song writer and multi-instrumentalist. You won't want to miss it!

Lunch & Learn**Begin at 12:15 unless otherwise noted**

TED TALKS - A nonprofit devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. Topics range from science to the arts and entertainment to global issues - in more than 100 languages.

"Improv Everywhere" with Comedian Charlie Todd - (Ted Talks)**Tuesday, July 12, 2016**

Charlie Todd causes bizarre, hilarious, and unexpected public scenes: Seventy synchronized dancers in storefront windows, "ghostbusters" running through the New York Public Library, and the annual no-pants subway ride. His group, Improv Everywhere, uses these scenes to bring people together. Runtime is 12 minutes.

CRIS Radio - Presented by Chris Kelly**Monday, July 18, 2016**

The Connecticut Radio Information System (CRIS), is Connecticut's only radio reading service. CRIS broadcasts 24 hours a day, 7 days a week, from regional satellite studios in Danbury, Norwich, Trumbull, West Haven, and broadcast center in Windsor.

Registration 101**Tuesday, July 19, 2016**

The Glastonbury Senior Center Registration Process-Everything you ever wanted to know and then some... Presented by the staff of the Senior Center.

A Virtual Choir, 2000 voices strong - Conductor Eric Whitacre - (Ted Talks) **Wednesday, July 27, 2016**

In a moving and madly viral video last year, composer Eric Whitacre led a virtual choir of singers from around the world. He talks through the creative challenges of making music powered by YouTube, and unveils the first 2 minutes of his new work, "Sleep," with a video choir of 2,052. Runtime is 14 minutes.

Glastonbury Parks and Recreation Annual Senior Picnic **Wednesday, August 3, 2016**
Entertainment, Setback, Chicken Barbecue with all the fixins' and Bingo with prizes!!

Cost: \$4.00 special ticket required

Festivities begin at 9:30 am with a Setback Tournament at the RCC

Followed by music at 10:30 am with Brian Gillie

Lunch is served at 11:45 am Bingo begins after lunch is complete

Tickets will also be sold on the day of the picnic until 11:30 am or as long as they last...whichever comes first!

Open to Glastonbury Seniors' 55 and over.



KEEPING YOU INFORMED



Although all species of cherries are beneficial for people with arthritis, researches have primarily focused tart cherries and Bing cherries in fighting arthritis. To fight arthritis, you can eat cherry fruits, drink cherry juice or consume supplements containing cherry extract. According to preliminary studies, consuming about twenty cherries per day can prevent recurrent gout attack. Gout is a form of arthritis that occurs when uric acid crystals accumulate in the joints. In a Boston University of Medical School Study researchers have found that having a cup of cherries, equivalent to two servings of cherries, each day, reduces the risk of recurrent gouty arthritis flare-ups by almost 40 percent.

Studies have also revealed that inflammatory osteoarthritis can be treated with cherries. According to an Oregon Health and Science University study, consuming tart cherry juice twice each day, for up to three weeks, causes significant reduction in the symptoms of osteoarthritis.

In another study, scientists at the Baylor Research Institute found that consuming tart cherry extract daily caused more than 20 percent reduction in osteoarthritis pain - See more at: <http://www.findarthritistreatment.com/benefits-of-cherries-for-arthritis>.

According to scientists of Oregon Health and Science University cherries are the best anti-inflammatory foods. Anthocyanins, the compounds responsible for the bright red color of cherries, are the main anti-inflammatory components of the cherry fruit. - See more at: <http://www.findarthritistreatment.com/benefits-of-cherries-for-arthritis>.

Movies At the Riverfront Community Center

Please note that we receive many recommendations on what type of movies we should and should not show at the center, and as a result have concluded that no two seniors are alike... Some folks want to see only comedies or romantic films. Others want the latest thrillers with lots of action. Because we offer a variety of films, there will be times when a film might not meet an individual's personal preference. Going forward, we will always show you the rating of the film, highlighting its content so that there will be a clear warning that the film may contain sexual content, violence, rough language etc.. Then the choice is yours!

Movie requests are welcome. Let us know what you would like to see! (*Forms available in office*).

Movies At the Riverfront Community Center

For the movie programs, popcorn and an iced beverage will be available. There is no charge for these programs and no reservations are needed. ***Due to the length of movies and other circumstances there will be no previews*** If you wish to recommend a movie, please complete a suggestion form in the Senior Center office. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Monday Movie Madness **Movies start promptly at 1:00 pm.**

July 11 - ***“Miss You Already” (2015) ★★½*** Starring Toni Collette, Drew Barrymore — This is the moving story of two women who have been best friends forever. They’ve shared everything since they were kids—secrets, clothes, illegal substances, and boyfriends. Now as adults they face the gut wrenching problems of life: one woman struggles to have a much longed-for baby; the other fights a serious illness. Tearjerker warning. *“A talented cast buoyed by an intelligent script that mixes drama and comedy in a subtle way, making this film a visual and emotional delight.”* Rated PG-13/Romantic/112 minutes.

July 18 - ***“The Story of Luke” (2012) ★★½*** - Starring Lou Taylor Pucci, Seth Green and Cary Elwes — Luke, 25, is autistic and has lived a sheltered life with his grandparents. But his world is turned upside down when his grandmother dies and he is forced to live with his dysfunctional relatives who have no patience for him or his senile grandfather, who they quickly force into a nursing home. Luke is left with his grandfather's final semi-coherent words: "Get a job. Find a girl. Live your own life. Be a man!" For the first time in his life, Luke has a mission. He is about to embark on a quest.. Not Rated/Drama/ 95 minutes.

July 25 - ***“Youth” (2015) ★★½*** - Starring Michael Caine, Harvey Keitel, Jane Fonda, Rachel Weisz — This Felliniesque flick is about two longtime friends vacationing in the Swiss Alps. Fred (Caine), an acclaimed composer and conductor, brings along his daughter (Weisz) and best friend Mick (Keitel), a renowned filmmaker. The two men reflect on their past, each finding that some of the most important experiences can come later in life. *“A captivating and magnetic tale about aging, creation, art and contempt.”* Rated R/ Drama/123 minutes.

Saturday Matinees **Movies start promptly at 12:00 pm**

July 2 - ***“Two Weeks Notice” (2002) ★★★★★*** Starring Sandra Bullock and Hugh Grant - Millionaire George doesn't make a move without his right-hand woman, Lucy. But after a year of calling the shots, Lucy is giving her two weeks' notice. It seems Lucy's finally free of George and his 24-hour requests -- but George has other ideas. Rated PG-13/Romantic Comedy/102 minutes.

July 9 - ***“Pay It Forward” (2000) ★★★★★*** Starring Kevin Spacey, Helen Hunt and Haley Joel Osment - In this gentle drama from director Mimi Leder, young Trevor McKinney (Haley Joel Osment) responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. But Trevor touches more people than he expected, including his abused mother (Helen Hunt), his physically and emotionally scarred teacher (Kevin Spacey) and a journalist (Jay Mohr) who's investigating the plan. Rated PG-13/Drama/120 minutes.

July 16 - ***“Healed by Grace” (2012) ★★★★★*** Starring Natalie Weese, Tommy Beardmore and Mark S. Esch- A horrific accident brings a promising young dancer's dreams to a standstill. Turning to equine therapy to regain mobility, she discovers a special bond with a beautiful mare and an unexpected new romance as well. Not Rated/Faith & Spirituality/120 minutes.

July 23 - ***“Joy” (2015) ★★★★★*** Starring Jennifer Lawrence, Robert De Niro and Bradley Cooper - After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle. Rated PG-13/Drama/120 minutes.

July 30 - ***“The Letters” (2015) ★★★★★*** Starring Juliet Stevenson, Max von Sydow and Rutger Hauer - This inspiring biographical drama portrays the remarkable life of Mother Teresa through the lens of a decades-long correspondence with her confidant and spiritual mentor, Father Celeste van Exem. Rated PG/Drama, Biography/120 minutes.

Registration Information: Sign-up for all trips and activities will take place on **Wednesday, July 6 at 9:30 am.**

Registration will take place in Community Room A. One person may make reservations for up to ***two*** people only. Checks should be made payable to the *Town of Glastonbury*. Registration for activities and lunches (not trips) can be made at the office before and after this date based upon space availability.